TITLE:  Fall Risk Assessment Tools and Prevention Strategies: Clinical Effectiveness and Guidelines

DATE:  22 January 2016

RESEARCH QUESTIONS

1. What is the effectiveness of risk assessment tools to assess risk of falling in ambulatory adults who may be at risk for falls in the community setting?

2. What is the clinical effectiveness of strategies to prevent falls in ambulatory adults at risk of falls in the community setting?

3. What are the evidence-based guidelines for preventing falls in ambulatory adults at risk of falls in the community setting?

KEY FINDINGS

Eleven systematic reviews, 20 randomized controlled trials, and seven evidence-based guidelines were identified regarding fall risk assessment tools or strategies to prevent falls in ambulatory adults at risk of falls in the community setting.

METHODS

A limited literature search, with main concepts appearing in title or major subject heading, was conducted on key resources including Ovid Medline, PubMed, The Cochrane Library, University of York Centre for Reviews and Dissemination (CRD) databases, Canadian and major international health technology agencies, as well as a focused Internet search. No filters were applied to limit the retrieval by study type. The search was limited to English language documents published between Jan 1, 2011 and Jan 18, 2016. Internet links were provided, where available.

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**SELECTION CRITERIA**

One reviewer screened citations and selected studies based on the inclusion criteria presented in Table 1.

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<th>Table 1: Selection Criteria</th>
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<td><strong>Population</strong></td>
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| **Intervention** | Q1: Tools to assess risk of falling in this population (i.e., those with disorders that may increase the risk of falling)  
Q2: Strategies to reduce risk of falls  
Q3: Guidelines |
| **Comparator** | No comparator |
| **Outcomes** | Tools to assess risk;  
Prevention of falls;  
Guidelines |
| **Study Designs** | Health technology assessments, systematic reviews, meta-analyses, randomized controlled trials, guidelines |

**RESULTS**

Rapid Response reports are organized so that the higher quality evidence is presented first. Therefore, health technology assessment reports, systematic reviews, and meta-analyses are presented first. These are followed by randomized controlled trials and evidence-based guidelines.

Eleven systematic reviews, 20 randomized controlled trials, and seven evidence-based guidelines were identified regarding fall risk assessment tools or strategies to prevent falls in ambulatory adults at risk of falls in the community setting. Additional references of potential interest are provided in the appendix.

**Health Technology Assessments**

No literature identified.

**Systematic Reviews and Meta-analyses**


Randomized Controlled Trials

Risk Assessment Tools


Strategies to Prevent Falls


Guidelines and Recommendations


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APPENDIX – FURTHER INFORMATION:

Previous CADTH Reports


Clinical Practice Guidelines – Unknown Methodology


41. Screening & referral tools for community-dwelling older adults [Internet]. Saskatoon: Saskatoon Health Region; 2014 Sep 5. [cited 2016 Jan 20]. Available from: https://www.saskatoonhealthregion.ca/locations_services/Services/Falls-Prevention/providers/Pages/Assessment-Tools.aspx

